Rattlesnake 1Snake River Invite

Friday, May 6, 2011

Snake River Track

HS & MS

MS – 9:00 am HS - 11:00 am

**Sanction**

This is a Wyoming State sanctioned qualifying meet. There will be **NO** pole vault.

**Check-In and Scratches**

\*Please note that we are starting the middle school events at 9:00 am. This will allow us time to run all field events, the 1600 M run, and the 100 M and 200 M Dash before the high school events begin.

High School Coaches need to meet at the announcers building at 10:30 am for the scratch meeting. At this time, you will scratch your athletes from running events. Scratches for field events may be made at this time or at the site of the event. You may scratch and replace an athlete in an event, but you will **not** be allowed to add one. NO EXCEPTIONS!

Those who are running events will pick up event sheets and folders at this time. I have listed the schools that helped with events last year and assigned you again to that event. If there is a problem with this, please let me know before Wednesday, May 5th. Thanks for your help

Discus – Snake River

Shot Put – Encampment

Long Jump – Ana Kunsman, SR/HEM

Triple Jump – Hayden

High Jump – Farson

**Participation Rules**

* Entries are unlimited in each event.
* The maximum number of events a contestant may enter shall be four (4)
* Middle school athletes may enter only four (4) events also
* **Please** bring stickers for middle school running events. They will sign up for field events at the event site.

**Registration**

Please list high school athletes in order of ability and include their true times and distances when entering on Runnercard. Please enter your athletes on <http://www.runnercard.com> by Wednesday, May 4, 2011 by 3:30 pm.

**Entry Fee**

Junior High Team (Boys and Girls) $50.00 per school

High School Team (Boys and Girls) $100.00 per school

**Awards**

We will award spike bags for first place and medals for the second and third places in each individual event and first place in all relays for high school. Three Trails All-Conference awards will be given in accordance with conference guidelines.

Ribbons will be awarded for top three places in all middle school events.

**Timing**

FAT timing will be used for all afternoon running events

**Field Events** – Have your athletes check their field equipment into Paul Prestrud at the equipment shed for weigh in at 10:30 am.

* Shot & Discus throwers will be placed in flights. Each thrower will complete 4 throws (2-1-1 order). No finals. MS Events – 3 attempts, no finals.
* Long and triple jump competitors will be placed in flights. Each jumper will receive 4 jumps. No finals. MS Events – 3 attempts, no finals
* High jump competitors MS Events – 3 attempts, no finals will receive 3 attempts at each height as they remain in the competition. Starting height will be: HS Boys – 4’10, HS Girls – 4’0,

MS Girls – 3’6, MS Boys – 3’10

**Concessions**

A concession stand will be available that will serve a lunch of hamburgers. They will accept vouchers.

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# Schedule of Events

**9:00 am** MS Girls Long Jump followed by Boys Long Jump

MS Boys Triple Jump followed by Girls Triple Jump

MS Girls Discus followed by Boys Discus

MS Boys Shot Put followed by Girls Shot Put

MS Girls High Jump followed by Boys High Jump

**9:00 am** MS 100 Meter Dash – Girls, Boys

MS 1600 Meter Run – Girls, Boys

MS 200 Meter Dash – Girls, Boys

**10:30 am** High School Scratch Meeting (There will be no pole vault)

Weigh Shot and Discus

**11:00 am** HS Boys High Jump followed by Girls High Jump

HS Girls Long Jump followed by Boys Long Jump

HS Girls Shot followed by Boys Shot

HS Boys Discus followed by Girls Discus

HS Boys Triple Jump followed by Girls Triple Jump

**After Field**  HS 3200 Meter Relay – Girls, Boys

**Events** MS 100 Meter Hurdles – Girls, Boys

HS 100 Meter Hurdles – Girls

HS 110 Meter Hurdles – Boys

HS 100 Meter Dash – Girls, Boys

MS 400 Meter Dash – Girls, Boys

HS 1600 Meter Run – Girls, Boys

MS 4 x 100 Meter Relay – Girls, Boys

HS 4 x 100 Meter Relay – Girls, Boys

MS 4 x 200 Meter Relay – Girls, Boys

HS 400 Meter Dash – Girls, Boys

MS 200 Meter Hurdles – Girls, Boys

HS 300 Meter Hurdles – Girls, Boys

MS 800 Meter Run – Girls, Boys

HS 800 Meter Run – Girls, Boys

HS 200 Meter Dash – Girls, Boys

HS 3200 Meter Run – Girls, Boys

HS 1600 Meter Relay – Girls, Boys

MS 800 Medley Relay – Girls, Boys

(100, 100, 200, 400)